

Monday	Tuesday	Wednesday	Thursday	Friday
2 10-11 Social Hour 11-12 Depression Support Group 12:30-2 Music Sharing 2- 3 Empathy Group 6-7 Healing Depression	3 10-11 Anger Management 11-12 Voices and Visions Support Group (Center Closed for the Afternoon)	4 10-11 Calendar Brainstorm and Mulled Apple Cider 11-12 Post Traumatic Growth Group 12:30-1:30 Anxiety Support Group 1:30-3 Making Holiday Decorations 3-4 Hope House Holiday Decorating	5 10-11 Communication Skills Group 11-12 Bipolar Support Group 12-1 Chat and Chew Social Hour 1-2 Women's Group 2:30-4 Dr. Moreno's Group	6 10-11 Meditation With Steve 11-12 Center Clean Up 12-3:30 TMHA Holiday Party @ Pismo Veteran's Hall (Please RSVP)
9 10-11 Hot Chocolate Social Hour 11-12 Depression Support Group 12:30-2 Music Sharing 2- 3 Empathy Group 6-7 Healing Depression	10 10-11 Anger Management 11-12 Voices and Visions Support Group 12:30-1:30 Writer's Workshop 2-4 Wellness Recovery Action Plan (W.R.A.P.)	11 10-11 Social Hour 11-12 Post Traumatic Growth Group 12:30-1:30 Anxiety Support Group 1:30-3 Homemade Popcorn Tins (for gift giving) 3-4 Sharing Our Holiday Traditions	12 10-11 Communication Skills Group 11-12 Bipolar Support Group 12-1 Celebrating December Birthdays 1-2 Women's Group 2:30-4 Dr. Moreno's Group	13 10-11 Meditation With Steve 11-12 Baking Sugar cookies 12:30 - 2 Making Sand Dollar Ornaments 2-3:30 Cookie Decorating
16 10-11 Making Homemade Eggnog 11-12 Depression Support Group 12:30-2 Music Sharing 2- 3 Empathy Group 6-7 Healing Depression	17 10-11 Anger Management 11-12 Voices and Visions Support Group 12:30-1:30 Poetry Group 2-4 Wellness Recovery Action Plan (W.R.A.P.)	18 10-11 Social Hour 11-12 Post Traumatic Growth Group 12:30-1:30 Anxiety Support Group 12:30-4 "Fireside Hang" Board games, snacks, crafts	19 (Center Opening Late) 2:30-4 Dr. Moreno's Group 4:30 - 6:30 Cooking Group: Baked Potato Bar 6:30-9:30 "A Christmas Story" @ SLO REP (Please RSVP)	20 11-12 Making Christmas Punch 12:30-2 "White Elephant" Gift Exchange (Please bring a wrapped gift in order to join) 2-4 Watching "Elf" Movie
23 10-11 Social Hour 11-12 Self-Care through the Holidays 12:30-2 Holiday Music Sharing 2-3 Hanukkah Appreciation and Playing Dreidel 	24 Centers Closed For Christmas Eve	25 Centers Closed For Christmas Day	26 10-11 Communication Skills Group 11-12 Bipolar Support Group 12-1 Chat and Chew Social Hour 1-2 Women's Group 2-4 Watching "Cool Runnings"	27 10-11 Meditation With Steve 11-12 Center Clean Up 12:30-1:30 Making Healthy Diet Choices 1:30-4 Frisbee Golf (Please RSVP + bring a Frisbee)
30 10-11 Social Hour 11-12 Depression Support Group 12:30-2 Music Sharing 2- 3 Empathy Group 6-7 Healing Depression	31 10-11 Winter Wellness Walk 11-12 Voices and Visions Support Group 12:30-1:30 Writer's Workshop 2-4 Wellness Recovery Action Plan (W.R.A.P.)	Please arrive on time as the door will be locked after a 10 minute grace period. Call us to tour Hope House and become a Member! (805) 541-6813		Life happens! Some events/activities subject to change